

# Family Living

## Success

By JOUNIOUS RICARDO STANTON  
 "Anytime you see someone more successful than you are, they are doing something that you aren't." *Malcolm X*

Do you ever look around and see others achieving their goals and attaining success while you are stuck on a dime unable to do, or have your heart's desires? Perhaps it is because as Malcolm said, "they are doing something you aren't." Perhaps they are working longer, harder and smarter. Perhaps they have self-confidence and believe in their goals and you don't. Maybe you are not taking full advantage of all your assets.

Sit down and take an assessment of your goals and aspirations and the things you have done to bring them into reality. It's gut-check time, a time to be honest with yourself. By being honest I don't mean being self-deprecating or putting yourself down. I mean examining what you've done or haven't done, how you did it and determining whether or not you gave it your best. Look at your actions or inaction's and in hindsight determine if there was anything you could have done better.

Life is what you make it! It's like baking a cake or pie. If you want the best results you have to put in the best ingredients. What are the ingredients of success? Success is defined as, the attain-

ment of a worthy goal. Hopefully your goals are your own and what you define them to be. To be truly happy you must live your own life and be who you were created to be! Goals can be as varied as the number of people on this planet. For a toddler, success may be tying his or her shoes. For a six-year-old it may be walking to school all by him or herself. For you it may mean opening your own business or weathering the storm, working things out and remaining in a fulfilling relationship.

To be successful you first need a goal or an objective, something you want to accomplish. You have to envision it (see it clearly in your mind's eye) and charge this vision with enthusiasm, optimism and commitment. It must be more than an idle wish or a daydream. You must invest yourself into it!

Next you must formulate a working plan. How are you going to accomplish what you desire to do? Who will you need to assist you? What skills, training or resources will you need? No one makes it alone. No one does anything entirely for him or herself. We all benefit from the attainment of worthwhile goals. That being the case, we must work with others to accomplish our goals. We need support as well as resistance to attain our objectives. Both support and resistance are crucial to every endeavor. Support gives us the added push and encouragement we need. Re-

sistance and obstacles test our mettle, they force us to dig deep within ourselves and tap into our inner core of talent, strength and divinity. The life/success process demands we interact with others and persevere to overcome adversity.

Visions, dreams, enthusiasm, support and resistance mean nothing unless we are willing to commit to action. Our rewards (outcome) are always directly proportionate to our output (the energy, time and commitment we invest in ourselves and our goals). We all have 1440 minutes in a day, no more, no less. In that regard we are all equal. What we accomplish is directly proportionate to how efficiently we use our time, energy and resources. How do you use your time? Do you waste valuable time procrastinating? Are you unwilling to ask for help or advice? Do you make the same errors over and over again without learning the inherent lessons within each situation? Do you know how blessed and wealthy you really are?

You are rich in ideas and energy. You will need energy/strength to get you where you want to go. The journey will not be easy. You will need fortitude to sustain you when things get rough. You must have faith; faith that you are on purpose no matter what the world says. You must have faith enough to withstand the doubts, the nay sayers and the skeptics; faith that the universe will get the most out of yourself, your talents and your resources.

## Space: The Hidden Dimension II

By Prof. McKinley Burt

This writer now has two firsthand reports from recent forums that addressed urban land use, both of which cited the "gentrification" of Northeast Portland.

The 'Prof. John Powell presentation', cosponsored by the Urban League and the "Coalition for a Livable Future", was cited here last week; both for a general recitation of the economic crisis facing African Americans in the nation's inner-cities-and for not discussing the key role of the federal government in causing grievous harm to black property owners.

But, more on that later. Our second reporter attended last Saturday's annual conference of the "1000 Friends of Oregon" held at Portland State University.

"Building Blocks for Livable Communities" was the agenda, and "Urban Sprawl" was the announced target of this enthusiastic gathering of urban/rural activists.

The keynote speaker was an economic consultant from California whose main pitch is that "low-density urban sprawl is dramatically more expensive than higher-density, more compact growth pattern."

Now, that is an attitude known to put most African Americans very ill at ease - can "gentrification" be far behind? Many blacks consider the term "Urban Growth Boundary" simply a euphemism for the process.

My reporter on the conference is a white male former student of mine at Portland State (my early 1970's classes on 'Urban Economic Experience'.

Now a successful real estate broker out in what he jokingly refers to as "sprawl-land", he "made-my-day" by stating that most of the land and economic trends I predicted had come to pass (didn't have to be that smart. I had lived in Los Angeles for ten years, 1954 to 1964).

Another interesting bit of information passed on was that a coming study of growth patterns in Portland would fault the federal government for implementing and financing the processes that "gentrified" the Northeast section of Portland.

Why couldn't I earn six-figures for producing that study? I've been saying that here for years, and that analysis was at the core of the class I designed and taught at the university.

It was this significant role of the feds in both the socioeconomic traumas of gentrification and Urban Renewal/Removal that I felt Prof. Powell could have dealt with quite forcefully.

However there may have been constraints that escaped our attention. We will say, though, that he did a very good job in his principal area of focus, alerting African Americans to the dangerous economic consequences of surrendering their 'priceless' land for quick cash.

In respect to the Portland State Conference we should note that a speaker from the "Coalition for a Livable Future" spelled out one problem in rather succinct terms:

"Planners have yet to deal with the onerous strategy of sky-high rent increases and condominium conversions to force out the less affluent (black or white) -- and attract back from the suburbs, the wealthier whites e.g. "gentrification."

I believe it was a decade ago that I wrote here of a different land saga witnessed first hand during those years in Los Angeles.

One of my accounts was the black-owned 'Mecca Mortgage Co.' that financed thousands of homes through the years - and successfully 'bundled' black monies and resources for the real estate phase of economic development.

Interestingly one of the 'Spikes' brothers who founded the enterprise is an inventor featured in my book on "Black Inventors" (Richard B. Spikes). Concluded next week.

### Experience holiday cooking with a twist

Bored with the same old baked ham? Turkey and stuffing have you snoozing? It's time to take advice from a professional — New Orleans Chef Leah Chase, owner of the renowned Dooky Chase's restaurant and spokesperson for Lawry's Seasoned Salt.

Chef Chase is an expert at making any traditional meal come alive. Bring a little New Orleans flavor to your holiday spread with tasty tips using Lawry's Seasoned Salt:

- Stewed Chicken with Brown Gravy
- 1, 5-pound stewing hen, cut up
- Lawry's Seasoned Salt
- Lawry's Seasoned Pepper
- 4 cups of water
- 1/2 teaspoon of fresh red pepper crushed
- 1/4 cup of vegetable oil

- 1/2 cup of flour
- 2 cups of onions, finely chopped
- 1 teaspoon of chopped parsley
- 1/2 teaspoon of dried thyme
- 2 cloves of garlic, finely minced
- Seasoned chicken pieces with Lawry's Seasoned Salt and Seasoned Pepper. Heat oil in large skillet or deep pot and add chicken pieces. Cover tightly and cook for 30 minutes. Remove chicken and set aside. Add flour to drippings in pan and stir over low heat until flour is golden. Add onions and cook until they are translucent. Add water and gradually bring to a boil. Return chicken to pot and add red pepper, parsley, garlic and thyme. Cook slowly until chicken is tender — about 45 minutes. Serves 4.



New Orleans Chef Leah Chase



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